

HAPPY SINGLES

CANADIAN TENNIS HOPEFULS MILOS RAONIC
AND ALEKSANDRA WOZNIAK WIN THEIR
OPENING OLYMPIC MATCHES IN LONDON

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Tuesday, July 31, 2012



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Bees, honey worth \$100K snatched in Abbotsford

Public help wanted.

Farm feeling the sting
after rare heist



KATE
WEBB

kate.webb@metronews.ca

A brazen thief made off with \$100,000 worth of bees and honey from an Abbotsford farm sometime between July 7 and 26.

Police Const. Ian MacDonald said the owner was leasing land on 0 Avenue near Ross Road. Since bees don't require daily monitoring, he hadn't checked the hives in a few weeks.

"We've got half-a-million bees missing and 8,000 pounds of honey," MacDonald said.

"Obviously they knew what they were doing, and I wouldn't be surprised if they knew a little bit about the operation as well."

Abbotsford had a rash of agricultural thefts back in 2010 that saw farmers reporting everything from missing goats to chickens to pigeons, but bee thefts are less common.

John Gibeau, president of the Honeybee Centre in Surrey, said the only other one he can remember was last summer, when six colonies were stolen less than two kilometres from where this theft occurred.

"In beekeeping, stealing from each other, that's a horrendous thing to do," Gi-

beau said. "That's like having a family member stealing from a family member."

"The size of operation that it was stolen from would have one honey harvest a year."

Police are asking for the public's help to find suspects, hoping someone either saw the bees being removed or recently noticed an existing beekeeping operation inexplicably grow in size.

MacDonald said whoever took the 100 frames full of bees and honey would have had to use heavy equipment.

"They hit the hives in advance of the harvest, but at a point in time that there would have been enough of the honey there that they could still reap the benefits of that in the short term, and then have the hives and the bees for future crops and uses," MacDonald said, noting a theft of this size is an indictable offence.

"It doesn't matter whether you're stealing bees or honey or a gold bar worth \$100,000," he said. "Whatever the commodity is, it comes down to the value of it."

Anyone with information is asked to call the Abbotsford Police Department at 604-859-5225 or Crime Stoppers at 1-800-222-8477.

Follow Kate Webb on
Twitter @MetroK8



Bees cover honeycomb racks. SEAN GALLIUP/GETTY IMAGES FILE

Charges laid in massacre

Accused Colorado gunman
James Holmes slapped with
over 100 counts of murder
and attempted murder

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Small soybean packs punch

Toss edamame chock full
of protein with corn for
a summer salad

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City hall discussion

**Loud and proud:
Pride Week is
underway**

It's time to show your true colours.

Pride Week kicked off Monday with a 10-member panel discussion at city hall where representatives from the LGBTQ community spoke about how acceptance and equality have come a long way and what steps can be made to eliminate homophobia and transphobia.

Vancouver Park Board Commissioner Trevor Loke said those who went before him and stood up for equality have allowed a younger generation to witness great progress in public policy. "When I came out, Canada had already passed marriage equality, hate crime protection and had community services ... which helped me come out of the closet," said the 23-year-old.

But he said homophobia and discrimination still persist, with the federal government not helping the situation. "Worldwide, queers are murdered by their own governments who label them as deviants and put them to death, imprisonment or torture," he said. "When it comes to HIV, it rises in our country and yet our federal government won't even mention the word and it's cut over \$36 million in funding towards initiatives which could solve this disease."

Mayor Gregor Robertson said Pride Week, which runs through Aug. 5., is a great boost to the local economy and a way to celebrate diversity.

"But we still do have challenges in our schools and workplaces ... that we have to tackle in ensuring that the hatred is wiped altogether," said Robertson before the rainbow flag raising ceremony. "We have to make sure we do our part."

PHYLLICA TORREVILLAS/METRO

Reporter won't face drug charge for undercover sting

City-owned property.

Police raided apartment after Castanet posted footage of buy online



KATE WEBB
kate.webb@metronews.ca

A Kelowna news reporter will not face charges after buying \$40 worth of marijuana from a drug dealer in an undercover sting last Wednesday.

RCMP had originally recommended charges against Castanet reporter Kelly Hayes, but they were rejected Monday by the Crown.

A tenant in a city-owned property had complained to police about noise and suspected drug trafficking in the upstairs suite, but the RCMP had not done anything about it. The city then accidentally sent a letter addressed to the complainant — saying the investigation had been turned over to the RCMP — to the upstairs tenant.

Concerned for the complainant's safety, Hayes, bugged with a hidden mic and camera, allegedly convinced the 47-year-old woman living upstairs to sell him a small bag of pot.

A few hours after Castanet posted the footage online, police raided the house and seized 340 grams of marijuana.

The woman and a 21-year-old man living in the suite were arrested and are facing drug charges, and so is



Castanet reporter Kelly Hayes holds a small bag of marijuana he purchased in an undercover sting.

METRO/SCREENGRAB/CASTANET

a 55-year-old Vernon man, who was arrested elsewhere.

Castanet news director Trevor Rockliffe told Metro they considered the sting a success. "It wasn't as much about (the purchase) as that it is a city-owned property, that she had phoned the police, that she had gone to the city and the city had directed a letter to the wrong address, which put her in danger, and so we decided to step up for her," he said.

Kelowna RCMP Const.

Kris Clark said he did not know if police were aware of the city's misdirected letter, but said the reporter put himself and others in more danger by taking the law into his own hands.

"These sorts of (undercover) operations are used (by journalists) for many things: Investigating frauds, sexual predators, that sort of thing, but drugs are really a whole different level," he said, adding because of the high level of risk involved

police could not condone his actions.

Crown decided not to approve the recommended possession charge against Hayes because of his clear intent and co-operation with investigators.

Clark said the woman's complaint had been low on the department's priority list, considering how many large grow-ops get busted every year, which is why her concerns were not immediately addressed.

1 NEWS

Mobile news



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We may be watching you. Big Brother auditions coming to Vancouver



The audience waits before finalists enter the U.K.'s Big Brother House during its 11th season in the summer of 2010. NEIL MOCKFORD/GETTY IMAGES

Canadians with a burning desire to be under 24-hour surveillance and on lockdown for a chance to win a big cash prize will finally get a chance to live in that most hallowed of reality TV institutions: The Big Brother House.

The first ever season of Big Brother Canada is holding a nationwide casting call starting Wednesday with an online application intake, and then auditions in five Canadian cities.

"People have tried to apply to be on the American show for years and years and they're not permitted because they're not U.S. residents or U.S. citizens," explained producer Sue Brophay, "so this is a great opportunity now for all those people who wanted to apply to have an opportunity to live in the Big Brother House."

Auditions kick off in Vancouver Sept. 23 and continue

in Calgary, Halifax, Montreal and Toronto. Brophay said producers will take the time to see everyone who shows up.

The contestants will all live in the house, yet to be scouted, outfitted wall to wall with cameras and microphones capturing their every move for about three months. Each week they complete challenges and to win the grand prize they must survive the weekly eliminations.

"They need to be extroverted, they need to be adventurous, they need to be able to plot and plan, they need to have big personalities, and we just want to reach out to every corner of Canada to try and find those people," Brophay said.

Big Brother Canada is scheduled to air on Slice in winter 2013. The American version, now into its 14th season, airs Thursday nights at 9 p.m. ET/PT on Global. KATE WEBB/METRO

Rescue operation

Crew members safe after ocean standoff

Two crew members from a fishing vessel on Vancouver Island are safe after being rescued from the high seas as police investigate a man allegedly involved in their ordeal. A 26-year-old woman called for help around 8:30 Sunday night, saying the skipper of the boat was high on drugs and threatening to kill her and a 21-year-old male crewman. THE CANADIAN PRESS

Fraser River

Search still on for missing fisherman

Mounties continued to search for a 67-year-old fisherman on Monday who has been missing for two days since falling in the Fraser River north of Hope. A witness told police the Hope resident slipped off a rock around 3:30 p.m. on Saturday near Saddle Rock Tunnel. He was not wearing a life jacket and did not resurface. CHELSEA ALTICE/FOR METRO



This sky blue courier-inspired helmet is one of many hot colours flying off the shelves at the Denman Bike Shop. CHELSEA ALTICE/METRO

Hipsters use their brains to set trend

Helmets are cool.

Vancouver embracing safety-forward fashion

CHELSEA
ALTICE

vancover@metronews.ca

The latest trend pushing hipster fashion is not plaid button-ups or tight tube pants — it's helmets.

Yes, scruffy-haired hipsters riding bikes is a common Vancouver sight, but now that mop is being covered up with a trendy military-style melon

Quoted

"People don't have to feel goofy anymore with a big bauble head, but are making the helmet a part of their outfit."

Denman Bike Shop manager Julie Bischoff

protector.

"Since we started selling the Berns brand last season, our sales have gone up at least 25 per cent," said Denman Bike Shop manager Julie Bischoff.

"People don't have to feel goofy anymore with a big bauble head, but are making the

helmet a part of their outfit."

The all-season headgear range in styles from carbon black to wild daisies. Nutcase is another popular brand that puts the price tag for the safety-first trend between \$70 and \$110.

"The fact that people who were unwilling to wear hel-

met before are coming in tells me that helmets are on trend," she said.

Other hip fixtures include woven baskets, saddle seats, coloured tires and bedazzled bells.

Bischoff said revamping vintage bikes with accessories may not be the most cost-effective, but more people are doing it and investing in bike culture.

"Bikes are no longer used just to get you from point A to B," Bischoff said. "It's how to make your bike cooler and customize it to say a personal statement about you."



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Alexandre Arsenault,
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Photographer: Jimmy Hamelin
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Model: Nicky

Ex-environment minister speaks out against Enbridge pipeline

Harsh words. David Anderson blasts Enbridge's 'cowboy culture' as he joins opposition to the proposed Northern Gateway project

A former federal environment minister has joined the mounting fracas around the proposed Northern Gateway pipeline, arguing the project is not in Canada's best interest and that Enbridge is the "last company in North America" that should be permitted to do the job.

But David Anderson does not agree with his First Nations groups and environmentalists that have harsh words for the position taken by British Columbia's premier, instead lauding Christy Clark for playing her cards right.

"This harumphing and huffing and puffing and 'Christy Clark doesn't understand it' — she's smart as a fox on this one," Anderson said in an interview after joining several anti-pipeline activists who called on the premier to take a tougher stand.

"She understands that the whole concept of royalties must be brought up and we're going to have to shake that tree pretty hard and we don't know what's going to fall out of it. She's started that debate. No one has dared do it since Trudeau."

Last week, Clark walked out of talks at an annual premiers' meeting that included discussion about crafting a national energy strategy.

She declared Alberta must negotiate sharing economic benefits, just days after her ministers announced five pre-conditions that must be met in order for the province to even begin to consider shoring up its support.

Clark and opponents of the pipeline agree Alberta stands to gain the lion's share of economic benefits while B.C. takes on most of the environmental risks.

Clark has not clearly stated how much more she wants in exchange, or whether it would be skimmed from royalties. However, the government has said it's not interested in taxing Enbridge any further.

The \$6-billion twin pipeline would flow crude from Alberta's oil sands to a port on



Grand Chief Stewart Phillip, left, of the Union of B.C. Indian Chiefs, and former federal environment minister David Anderson attend a news conference to voice opposition to the Enbridge Northern Gateway pipeline in Vancouver on Monday. DARRYL DYCK/THE CANADIAN PRESS

B.C.'s west coast for export to Asia.

Regardless of his view that Clark has deftly handled the

situation, the Victoria-based former Liberal cabinet minister came out swinging against Calgary-based Enbridge.

"Enbridge clearly has a cowboy culture quite inappropriate for building a pipeline in one of the most sensitive parts of the

world," said Anderson, citing a series of Enbridge spills, one as recently as Friday in Wisconsin. **THE CANADIAN PRESS**

Privacy watchdog investigates concerns over police photo technology

B.C.'s privacy commissioner has launched an investigation into whether police are complying with privacy laws when they use cameras mounted on patrol cars to photograph vehicles and licence plates.

Privacy commissioner Elizabeth Denham says the so-called automated licence-plate recognition program allows police to compare the photos to a list of licence-plate numbers associated with people

who are of interest to police.

The program instantly notifies police when there is a match.

Denham says members of the public have raised concerns about the use of the

technology and its implications on people's privacy.

She says the investigation will focus on the use of the program by the Victoria Police Department, but a report expected to be published

later this summer will provide guidance to all B.C. law enforcement agencies that use it.

The privacy commissioner will also conduct a second investigation in August into

whether public bodies are complying with regulations when they disclose public-interest information, such as environmental harms or risks to health and safety. **THE CANADIAN PRESS**



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NASA. New Mars rover will have to nail risky landing

It's the U.S. space agency's most ambitious and expensive Mars mission yet — and it begins with the red planet arrival Sunday of the smartest interplanetary rover ever built.

It won't be easy. The complicated touchdown NASA designed for the Curiosity rover is so risky it's been described as "seven minutes of terror" — the time it takes to go from 20,920 km/h to a complete stop.

Scientists and engineers will be waiting anxiously as the spacecraft plunges through Mars' thin atmosphere and attempts to slowly lower the rover to the bottom of a crater with cables.

Scientists on Earth won't know for 14 minutes whether Curiosity lands safely as radio signals from Mars travel to Earth.

If it succeeds, a video camera aboard the rover will have captured the most dramatic minutes for the first filming of a landing on another planet.

"It would be a major technological step forward if it works. It's a big gamble," said American University space policy analyst Howard McCurdy.



The Mars Science Laboratory Curiosity rover. JPL-CALTECH/NASA/THE ASSOCIATED PRESS

The future direction of Mars exploration is hanging on the outcome of this \$2.5 billion science project to determine whether the environment was once suitable for microbes to live.

Previous missions have found ice and signs that water once flowed. Curiosity will drill into rocks and soil in search of carbon and other elements.

THE ASSOCIATED PRESS

Distracted walking is a growing issue: Experts

Real threat? Officials struggle to figure out how to protect people from themselves after mounting incidents

A young man talking on a cellphone meanders along the edge of a lonely train platform at night. Suddenly he stumbles, loses his balance and pitches over the side, landing head first on the tracks.

Fortunately there were no trains approaching the Philadelphia-area station at that moment, because it took the man several minutes to recover enough to climb out of danger.

But the incident, captured last year by a security camera, underscores the risks of what government officials and safety experts say is a growing problem: distracted walking.

On city streets, in suburban parking lots and in shopping centres, there is usually someone strolling while talking on a phone, texting with his head



'Distracted walking' isn't as widely discussed as distracted driving, but the danger is real. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

down, listening to music, or playing a game. The problem isn't as widely discussed as distracted driving, but the danger is real.

Reports of injuries to distracted walkers treated at hospital emergency rooms have more than quadrupled in the past seven years and are almost certainly underreported.

There has been a spike in pedestrians killed and injured

in traffic accidents, but there is no reliable data on how many were distracted by electronics.

"We are where we were with cellphone use in cars 10 years or so ago. We knew it was a problem, but we didn't have the data," said Jonathan Akins, deputy executive director of the Governors Highway Safety Association, which represents state highway safety offices.

State and local officials are

struggling to figure out how to respond, and in some cases asking how far the government should go in trying to protect people from themselves.

THE ASSOCIATED PRESS

To see footage of the distracted walker falling on train tracks, visit metronews.ca



Quebec student protests. New political party offers welcome compromise

The latest proposal to end Quebec's student conflict comes from a new political party hoping to vie for power in an election campaign expected to start this week.

The Coalition For Quebec's Future, led by Francois Legault, says it would set tuition hikes at \$200 per year over five years, significantly less than the current planned increase of \$254 over seven years. Legault would also delay implementing the hikes for another semester, only bringing them in next January.

He is also urging the government to abandon parts of a controversial protest law that would set severe fines for anyone blocking a school.

He cast his proposals Monday as a reasonable middle ground between the more hardline stance of the Charest

Liberals and the opposition Parti Quebecois, which is more tolerant of the striking students' cause.

"We're offering a compromise," said Legault, making his announcement surrounded by education professionals planning to run for his party.

"The objective is to put behind us this crisis — which is perhaps among the worst crises Quebec has undergone in recent years."

The issue could flare up again in the coming weeks, as an election campaign gets under way while striking students are supposed to go back to class in mid-August.

Polls suggest a three-way election race is possible, although Legault's party has lagged in popularity in recent months. THE CANADIAN PRESS



Emotional roller coaster

Emergency crews bring water to passengers stuck over 150 feet in the air on the top of the new Superman Ultimate Flight roller coaster at Six Flags Discovery Kingdom in Vallejo, Calif., on Sunday. Riders were stuck for nearly two hours due to a malfunction.

CHRIS RILEY/TIMES HERALD/THE ASSOCIATED PRESS

StatsCan study

Most new moms took work leave

Most Canadian mothers with young children took some type of maternity leave following childbirth, according to a new study.

Statistics Canada said 90 per cent of children

between the ages of one and three living outside Quebec had working mothers who temporarily left their jobs after giving birth. Their average leave was 44 weeks, the agency said.

About 26 per cent of these children had working fathers who also stayed home after they were born.

THE CANADIAN PRESS

Sweet surprise

80,000 bees found in Ontario home

A homeowner in southern Ontario says she knew she had a "sweet mess" on her hands when a crack in the ceiling started oozing honey.

Loretta Yates soon discovered the 1 1/2-storey house

she shares with her husband and 22-month-old son was also home to about 80,000 bees nesting in the ceiling.

She says her insurance company wouldn't cover the damage to her house in Varney, just outside Mount Forest, and a pest control company couldn't promise to get the bugs out for good.

THE CANADIAN PRESS

Aboriginal recruitment

Offensive Canadian Forces ad blasted

A Canadian Forces aboriginal recruiting ad that likened building a canoe to serving on a warship was torpedoed after focus groups found it "offensive to the point of being comical," says a newly

released report.

Groups in Vancouver were so put off by the radio spot, in fact, that a polling firm warned airing it could hurt the military's reputation.

The Defence Department did not provide a recording or a transcript of the ad, nor would officials answer questions about it.

THE CANADIAN PRESS



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Colorado shooting suspect charged Monday with 24 counts of murder

Before the law. James Holmes also charged with 116 counts of attempted murder after theatre massacre

Prosecutors on Monday charged a former neuroscience graduate student with 24 counts of murder and 116 counts of attempted murder in the Colorado theatre rampage that has once again opened a national debate in the U.S. over guns.

Legal analysts expect the case to be dominated by arguments over his sanity.

James Holmes appeared just as dazed as he did in his first court appearance a week ago, but at one point he exchanged a few words with one of his attorneys.

Some victims and family members again watched him in the packed courtroom, and before the hearing some clasped their hands and bowed their heads as if in prayer.



James Holmes

THE DENVER POST/THE ASSOCIATED PRESS

The July 20 attack at a midnight showing of the new Batman movie left 12 people dead and 58 others injured.

Holmes faces two counts for each victim — murder with deliberation and murder with extreme indifference. Both carry a maximum death penalty upon conviction.

A former chief deputy district attorney said a conviction under extreme indifference means that any life

sentences would have to be served consecutively, not concurrently.

Holmes also faces one count of possession of explosives.

After his arrest outside the theatre, police said they found his apartment was booby trapped.

Unlike Holmes' first court appearance, Monday's hearing was not televised.

At the request of the defence, District Chief Judge William Sylvester barred video and still cameras, saying expanded coverage could interfere with Holmes' right to a fair trial.

The judge also has placed a gag order on lawyers and law enforcement, sealing the court file and barring the University of Colorado Denver from releasing public records relating to Holmes' year there.

A consortium of media organizations, including The Associated Press, is challenging Sylvester's sealing of the court file.

THE ASSOCIATED PRESS



Victims are assisted by an advocate, left, as they arrive for an arraignment for suspected theatre shooter James Holmes in district court in Centennial, Colo., on Monday. ED ANDRIESKI/THE ASSOCIATED PRESS



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Fire on overnight train in India kills 32 people, burns dozens

Railway blaze.

Roughly 28 more were hospitalized with burns, including 2 in critical condition

A fire swept through a train car packed with sleeping passengers in southern India on Monday, killing at least 32 people and sending panicked survivors rushing for the only clear exit once the train stopped, officials said.

Investigators found charred remains of victims still in their sleeping berths and were struggling to identify them.

A railway station worker noticed the burning coach as the overnight train from New Delhi to the southeastern city of Chennai passed through the town of Nellore at about 4 a.m., local official B. Sridhar said. Nellore is about 500 kilometres south of Hyderabad, the capital of Andhra Pradesh state.

Once the alarm was raised, the train was stopped and the coach was detached from the rest of the train to prevent the blaze from spreading.

"Since the fire had engulfed



People stand near a charred coach of a passenger train at Nellore, nearly 500 km south of Hyderabad, India, Monday. A fire swept through a train car packed with sleeping passengers, killing at least 32 people, officials said. THE ASSOCIATED PRESS

one door of the coach, people had to rush to the other end of the coach to exit," Sridhar said.

Passengers said the fire spread swiftly through the coach. "By the time we got out of the door, the coach was completely on fire," said Shantanu, who like many Indians uses only one name. He said firefighters sprayed water over the burning coach, but it was gutted.

Sridhar said the fire may

have been caused by an electrical short circuit in the coach.

At least 28 others were hospitalized with burns, including at least two in critical condition, said Anil Kumar, a regional railway manager.

India has one of the world's largest train networks, with more than 10,000 trains and 64,000 kilometres of track. Around 20 million people travel by train each day.

THE ASSOCIATED PRESS

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RCMP

Hundreds of female officers join class-action lawsuit

Hundreds of current and former female Mounties have come forward from across Canada to join a class-action lawsuit alleging harassment within the ranks of the RCMP.

Lawyers expected dozens of women to contact them with allegations after Janet Merlo, a 19-year veteran of the force, filed suit in March, but attorney Jason Murray said Monday that more than 200 people have called his firm in Vancouver.

"It's a significant number. It says to us there's a significant problem that people feel has happened within the

RCMP with respect to how women are treated," Murray said in an interview.

And more people are expected to join the class-action suit.

"We're still hearing from women who either are currently members of the RCMP or who have retired or left the force in other ways," Murray said. "On a week-to-week basis we're hearing from people coming forward who have complaints about how they feel they were treated when they were with the RCMP."

The civil suit filed by Merlo alleges she suffered bullying and verbal abuse throughout a career that began in March 1991 and ended in March 2010, all but a few months of it at a detachment in Nanaimo, B.C. **THE CANADIAN PRESS**

HIV. Government coerced three Namibian women into sterilization: Judge

Namibia's government sterilized three women infected with HIV without getting proper consent, forcing them to sign forms they didn't understand as they suffered through the pains of labour, a judge ruled Monday.

Activists applauded the decision by Judge Elton Hoff, though the ruling rejected lawyers' accusations that doctors sterilized the women specifically because they had HIV in a country where the virus remains endemic.

The activists say they worry more women in the southern African nation are coerced into the procedure, as other cases pending before courts allege women suffered similar treatment at the hands of doctors.

The three women, each aged between 20 and 40 years old, all sought care at government hospitals in Namibia. All signed release forms that allowed doctors to sterilize them, though at the time they didn't realize what they had agreed to, said Nyasha Chingore, an HIV project lawyer with the Southern Africa Litigation Centre.

In one case, a woman

Epidemic

- As many as 210,000 people live with HIV in Namibia — nearly 10 per cent of the country's 2.1 million people — according to UNAIDS, the Joint United Nations Program on HIV and AIDS.
- Sterilization is a drastic tactic to treat HIV-positive women, as mother-to-child transmission of HIV and AIDS can be prevented with medication.

signed a form that used only acronyms to describe the procedure, while another signed after being told she didn't have a choice, Chingore said.

"The consent forms were all signed when they were in labour," she said.

Corinna van Wyk, the lawyer who represented the women in court, said the government had 14 days to appeal Hoff's ruling. All three of the women will be entitled to monetary damages.

THE ASSOCIATED PRESS

Campaign. Romney visit leaves Palestinian critics angry and insulted

Mitt Romney's campaign stop in Israel left behind furious Palestinians charging that the Republican presidential candidate hasn't fully grasped the complexities of one of the world's most intractable conflicts.

Romney's sweeping embrace of Israeli government positions — especially on the Iranian nuclear program — came as no surprise. But Palestinian — and some Israeli — critics say he overshot by seeming to snub the Palestinians' president, dismiss their claims to Jerusalem, and suggest their culture is inferior to

Israel's.

That came on Monday when Romney addressed the stark economic differences between Israel — a high-tech powerhouse with the per capita income of a developed nation — and the poorer Palestinians.

Romney told an audience of affluent Jewish donors — including gambling magnate Sheldon Adelson, who is pumping millions into a crusade to defeat President Barack Obama — that some economic historians have theorized that "culture makes all the difference."

THE ASSOCIATED PRESS



Presidential candidate Mitt Romney talks to strategist Stuart Stevens as they board their charter plane in Tel Aviv, Israel. CHARLES DHARAPAK/THE ASSOCIATED PRESS

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Apple, Samsung spar over patents

Court case. Jury of 10 will be selected this week before opening statements begin in a trial expected to last more than a month

With billions of dollars and control of the U.S. smartphone and computer tablets markets at stake, jury selection began Monday in a closely watched trial between two of the world's leading tech companies over patents.

Apple filed a lawsuit against Samsung Electronics last year alleging the world's largest technology company's smartphones and computer tablets are illegal knockoffs of its popular iPhone and iPad products.

Cupertino-based Apple is demanding \$2.5 billion US in damages, an award that would dwarf the largest patent-related verdict to date.

Samsung countered that

Smartphone wars

- The pace of iPhone sales has slowed, Apple revealed last week. Part of the problem is that the competition has thinner phones with big screens.
- Samsung, the number-one maker of smartphones, touts its newest flagship phone, the Galaxy S III, sleek and wafer-thin.

Apple is doing the stealing and that some of the technology at issue — such as the rounded rectangular designs of smartphones and tablets — have been industry standards for years.

A jury of 10 people will be picked from a pool of dozens, and opening statements could start late Monday or early Tuesday in a trial expected to last more than a month.

The case is just the latest

skirmish between the two companies over product designs. A similar trial began last week, and the two companies have been fighting in courts in the United Kingdom and Germany.

Industrywide, some 50 lawsuits have been filed by myriad telecommunications companies jockeying for position in the burgeoning \$219 billion market for smartphones and computer tablets.

U.S. District Judge Lucy Koh in San Jose last month ordered Samsung to pull its Galaxy 10.1 computer tablet from the U.S. market pending the outcome of the upcoming trial, though the judge barred Apple attorneys from telling the jurors about the ban.

Legal observers say it's rare that a patent battle with so much at stake doesn't settle short of a trial. Court-ordered mediation sessions attended by Apple's chief executive Tim Cook and high-ranking Samsung of-

ficials failed to resolve the legal squabble, leading to a highly technical trial of mostly expert witnesses opining on patent laws and technology. Cook is not on the witness list and is not expected to testify.

THE ASSOCIATED PRESS

Market Minute



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TSX
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OIL
\$89.78 US (-35¢)



GOLD
\$1,619.70 US (+\$1.70)

Natural gas: \$ 3.214 US (+0.1¢)
Dow Jones: 13,073.71 (-2.65)

Currency

Penny receives brief reprieve

The penny, its death sentence pronounced for fall in the federal budget, now will no longer be circulated in Canada as of Feb. 4, 2013, Finance Minister Jim Flaherty said Monday.

Retailers and other small businesses complained that the transition to a penny-free marketplace would be too much of a burden right before the busy holiday season. THE CANADIAN PRESS

Online video

Netflix changes privacy policy

Netflix has agreed to change its data retention practices so rental histories of customers who haven't subscribed to the service for at least a year will no longer be identifiable. Netflix notified customers of the policy change in an email Monday.

TORSTAR NEWS SERVICE

Media

Black sees potential in newspapers

Conrad Black says he sees investment potential in Canadian newspapers, sparking speculation that he may re-enter the industry. "There is a great premium to be placed on the editorial function and on the goodwill of a famous trademark like a respected newspaper," Black told The Huffington Post Canada editorial board.

THE CANADIAN PRESS

Hacking

Two arrested in S. Korean data theft

South Korean police said they arrested two men who allegedly stole the personal details of about 8 million mobile phone subscribers and sold the data to marketing companies in one of the country's biggest hacking schemes. THE ASSOCIATED PRESS

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WHY PUT PRIVATE PAIN IN THE PUBLIC EYE?



SHE SAYS...
Jessica Napier
metronews.ca/shesays

We all make mistakes in our 20s. Luckily, most of us don't have to live out those youthful bad decisions on the front page of People magazine. Kristen Stewart — of red carpet

grimacing and Twilight fame — is not as fortunate as us regular folk.

Last week, the 22-year-old starlet was outed in a very public manner for cheating on her long-time boyfriend Robert Pattinson with married Snow White and the Huntsman director Rupert Sanders.

Sadly 'Robsten' — perhaps the most overreaching celebrity couple portmanteau of all time — is no more. But while Twihard fan girls are mourning the end of an on-screen vampire romance turned true love, the rest of us are wondering, why on Earth we should care at all?

Oh that's right, because Stewart and her philandering partner released PUBLIC statements of apology, as if we are the ones being directly impacted by this made-in-Hollywood affair.

It seems confusing to me that stars in the spotlight — who usually demand privacy in times of great stress — would validate the role that these gossip magazines play in their personal relationships by issuing apologetic press releases. I think both Stewart and Sanders' statements have everything to do with creating publicity and very little to do with salvaging their respective relationships.

Unfortunately, overt performances of romance gone awry aren't confined to the world of celebrity couples.

I'll confess that I've been there. Following an Earth-shattering teenage breakup, I spent about a month adorning my MSN screen name with sensitive song lyrics by courtesy for my entire pre-Facebook social network to see.

And while these barefaced displays of pubescent melancholy might be forgivable from a 16-year-old, I still see the same sort of emotional exhibitionism from my peers a decade later.

I see it all the time, people baiting friends and followers with attention-seeking updates on their private-life dramas. Do you really find solace in smearing your broken heart all over your Facebook profile? Does tweeting about newly 'single and fabulous' status offer you real emotional validation? Is it really necessary to Instagram a photo of yourself with downcast eyes and a solemn pout with #Breakup attached?

What does it say about us as a society that we not only have a schadenfreude-esq obsession with celebrity couple breakdowns, but that we feel the need to imitate their penchant for over-sharing in our own online worlds?

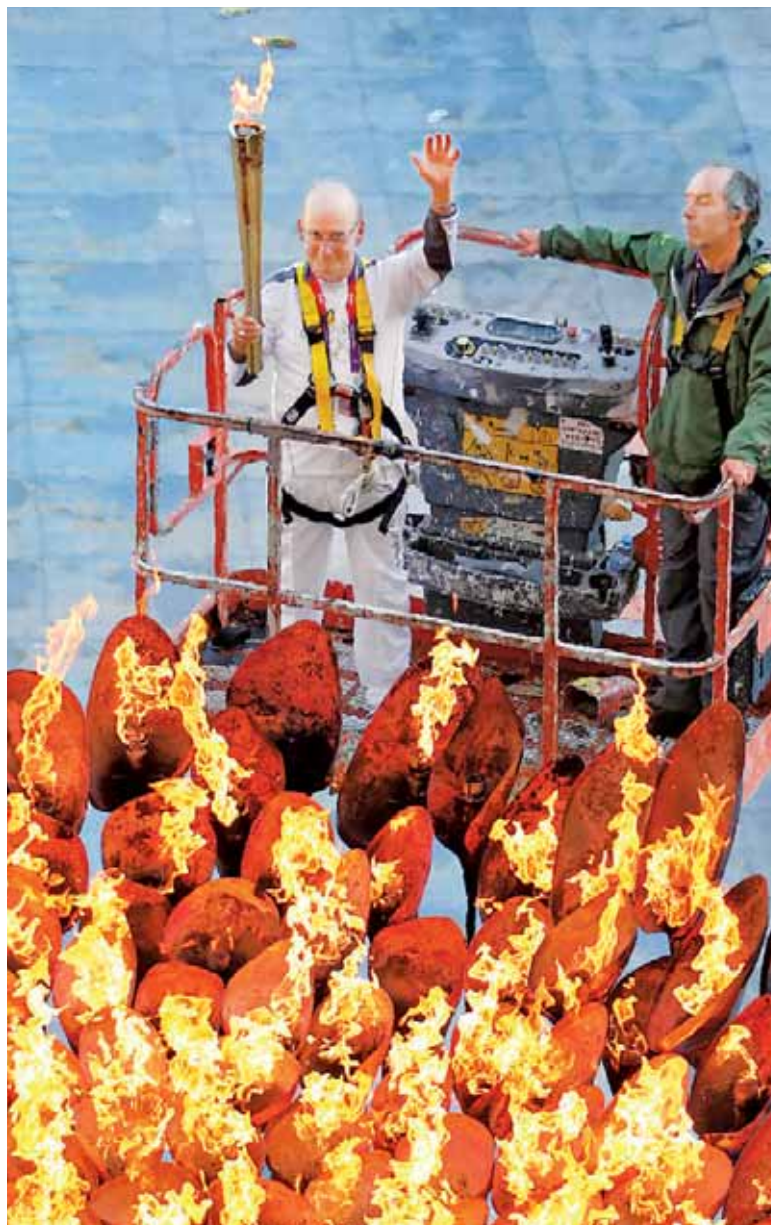
We should probably leave the brazen theatrics to shameless reality stars and teenagers with raging hormonal levels. Remember, not every emotional meltdown warrants a press release, at least not in the 'real' world.

Follow Jessica Napier on
Twitter @MetroSheSays



Insiders are claiming Stewart's public apology was career suicide for the Twilight star, the Huffington Post reported. GETTY IMAGES

Where to find the Olympic cauldron



JAE C. HONG/THE ASSOCIATED PRESS

Let the flame begin

Fire returns after being relocated

Austin Playfoot, a torch-bearer from the 1948 Olympics — when the Games were last held in London — and again this year, poses after lighting the cauldron at the Olympic Stadium during the 2012 Summer Olympics on Monday in London. The cauldron was moved from the infield to an area near the opening ceremony bell to prepare for the track and field competition, which begins Friday.

Organizing committee officials said in a statement Monday that the cauldron was shifted from the middle of the stadium's infield to an area near the opening ceremony bell to prepare for the track and field competition, which begins Friday.

THE ASSOCIATED PRESS

Need a ticket to see

The cauldron will only be visible for those who have tickets to the track and field competition. This has been a cause for concern for spectators with a burning desire to get a photo with it.

Organizer says:



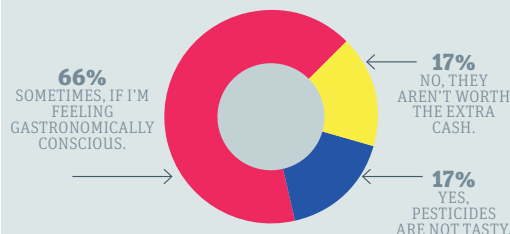
"It was not created to be a tourist attraction."

Sebastian Coe, head of the London organizing committee, told the media.



Register at metropolitanpanel.ca and take the quick poll

Do you buy organic groceries?



Twitter

@bobmuckle:

Local media all over vandals toppling headstones at Vancouver cemetery. Meanwhile, desecration of #Musqueam burials at @cusnaum continues

Don't want to spoil tonight's NBC Olympic telecast. But congratulations Apolo Ohno on your bronze medal in speedskating in Vancouver!

@bevysmith:

Visiting Vancouver I was in awe of the folks who were on the beach straight from work to watch the sunset! That's COMMITMENT to a good life

@StephKall:

Do people have to drive 20km #downtown #Vancouver Urgh

@jasonWSJ:

@MomonaKomagata: First day of work as a #food host?? Yes please!!! On my way to a #Vancouver hotspot to film the segment!



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DVD reviews



Le Havre

Director. Aki Kaurismäki

Stars. Andre Wilms, Blondin Miguel, Jean-Pierre Darroussin

•••••

Le Havre is an exceeding droll comedy from Finnish master Aki Kaurismäki, whose dark worldview is balanced by a deep empathy for his blue-collar characters. Charming in its retro manners, cares and colours — while at the same time contemporary in its grasp of immigration and poverty issues — the film is set in the French port city of the title, a place where goods and people are constantly shifting. André Wilms stars as wily old shoeshiner Marcel, who dodges cops and creditors as he cheerily dispenses polish and eccentric home-spun philosophy out of the main railway station. Marcel's bonhomie is put to the test by a big event: a group of African stowaways, illegal immigrants all, have been discovered inside a container on the Le Havre dock. One of them, a young pre-teen named Idrissa (Blondin Miguel), manages to evade police and port authorities, and he's now being sought. Will Marcel squeal or assist? As good as the cast is, it's the deceptively passive Miguel who anchors the film.

PETER HOWELL

I'm Yours

Director. Leonard Farlinger

Stars. Rossif Sutherland, Karine Vanasse, Don McKellar

•••••

There aren't a whole lot of road romances where North Bay is the destination, and after this there aren't likely to be many more. A miscast and mismatched Rossif Sutherland and Karine Vanasse stretch credulity at every quirk-filled turn as they follow a bag of loot and chase family problems on the long trek from New York to Ontario's "Gateway to the North." Sutherland plays a Wall Streeter disillusioned upon turning 30. Vanasse plays the bar hook-up who becomes the reason for the road trip. The eye-rolling script is the main problem.

PETER HOWELL

If it ain't broke don't fix it, says No.1 CBS

Television Critics Association press tour. Network head touts first-place success, talks new and returning shows

AMBER RAY

Metro World News in New York

As head of the top-rated broadcast network, Nina Tassler, President of CBS Entertainment, didn't have many announcements to make when addressing journalists at the Television Critics Association press tour in Beverly Hills, Calif., other than one clear message: The network is on top, and plans to stay there.

"We're No. 1 in viewers. We're No. 1 in upfront revenue. We're No. 1 in Emmy nominations," Tassler said. "Good performance, good business, and outstanding quality on the screen. I'm really proud of the environment we've created for launching and sustaining hit shows, from development, to scheduling, to marketing, to current programming," she added.

In a "not broke, not gonna fix it" move, the CBS slate this fall includes just four new series: *Elementary*, a modern take on Sherlock Holmes; *Vegas*, about the politics and crime that shaped the Strip in the 1960s; *Made in Jersey*, a crime procedural following a Jersey girl working her way up at a high-end Manhattan law firm; and the buddy comedy *Partners*.

Regarding the pickup of *Elementary* at a time when there are many other versions of Sherlock Holmes on the pop culture scene (the BBC series *Sherlock* and the Sherlock Holmes movie franchise included), Tassler said, "when you have an opportunity to build a show around one of the greatest detectives in all of literature, you're going to jump at that opportunity."

She called the BBC series, which airs on PBS in the States, "extraordinary," and is confident "there's plenty of room for another Holmes in our world."

When questioned about *Vegas* and the recent failure of other period dramas on broadcast networks (The Playboys Club, Pan Am) Tassler insisted her '60s-set series goes beyond a nostalgia factor. It is foremost about the fascinating character of real-life Sher-



The '60s set series Vegas goes beyond nostalgia. HANDOUT



CBS is betting audiences aren't tired of Sherlock Holmes with the new Holmes-inspired show Elementary. HANDOUT

iff Ralph Lamb, who fought to bring order to the mob-run casino scene, she said.

"The fact that it was set in the '60s certainly informed the show, but it's not about the '60s, per se," Tassler said. "It's about these two forces that were battling for the heart and soul of Las Vegas at a very key moment in the his-

tory of the city."

Most questions posed to the CBS exec, however, involved returning series.

On football games running late and pushing back the start time of scripted series such as *The Good Wife*:

"One of the things we've done going into this season, we're

How I Met Your Mother

Neil Patrick Harris
HANDOUT

Comedy. One of the biggest questions posed to Tassler was about renewing *How I Met Your Mother* and allowing the creators to tell the entire story. Here's what she had to say: "Well, they had an incredible year last year. We've got a great relationship with (creators) Craig (Thomas) and Carter (Bays), and certainly they have a very strategic wrap-up to the show. They know we want the show to come back next year. We are having conversations right now about extending it. We want the show to come back next year."

developing new SMS texting technology to make sure our audience knows that the show is going to be delayed. Between texting, between online notification, between Facebook technology, I mean, literally, we do everything possible, and will continue to do everything, to make sure that the audience knows that the show will be on later as a result of (football)."

On cancelling *CSI: Miami* ...

"Saying goodbye to a *CSI* this year was — it was a very big deal. That show has been extraordinarily successful for us. So it was a difficult decision. What we looked at — it was a jump ball. What we looked at was Friday night versus Sunday night. We looked at the flow on Friday night for New York versus Miami. So it was a very tough choice. But as I said, it was really a jump ball and just had to do with the schedule."

... And changes to *CSI: New York*:

"We've added Natalie Martinez to the cast. The show has, as I said, a lot more humour and a lot more New York, fun, event-type stories."

On the web



NY's graffiti artists of the 1970s and 80s, now in their 40s and 50s, still have urge to tag

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Farrell living the simple, boring life

THE WORD
Monica Weymouth
scene@metronews.ca

Colin Farrell has been behaving himself for years now, doing just enough films to stay relevant while plugging just enough charities to seem rich and enlightened.

But while we may forget his rehab-and-sex-tape days, Farrell is surprised his career survived them. "I had burned so many bridges in the film industry that I couldn't get a f—king meeting," the actor tells Men's Health.

You can catch him this weekend in the remake of Total Recall, a role he was



able to land thanks to his fairly healthy new lifestyle.

"I don't put the same level of energy into healthy living as I did into unhealthy living, but I eat really well, drink loads of green tea and take a s—t load of vitamins," he

tells the magazine. "It's so f—king boring. Life has mutated to take on this sweet simplicity that I am really f—king OK with."

Colin, if you want in on our Pier 1-Target double-header this weekend, say the word.



Russell Brand

Brand backs up fellow funnymen

Comedians Dane Cook and Daniel Tosh have drawn fire this month for jokes about rape and the recent Colorado movie theater shooting, respectively.

But who is the one person they didn't offend? Russell Brand. "I don't know about what Dane Cook or Daniel Tosh said, but I know that they are comedians, and I know they're nice human beings, so I don't imagine that they had any intention other than to elicit laughter from their fellow human beings, as is their job."

Brand told reporters at the TCA panel for Brand X, his cable series. "I don't think we should create a state where people are afraid to talk. That could have much worse consequences."

Reality bites: Twilight stars will have to reunite

In the wake of Kristen Stewart's apology for cheating on Robert Pattinson, the Twilight co-stars are reportedly not speaking to each other, according to People magazine. Sources say both parties have left the L.A. home they share and are living elsewhere separately. "I'm not sure they'll be able to recover from this,"

a source tells the magazine, adding that Pattinson "is heartbroken and angry."

They'll have to face each other soon enough, though, as they're set to be co-presenters at MTV's Video Music Awards on Sept. 6, just as promotional duties begin in earnest for the final Twilight film, out in November.

Twitter



@MissKellyO

its really bothering me most US #OlympicReporters make a mockery the way ppl from my country talk/our cultures we would never do that to you



@kirstiealley

we seriously need to wear false eyelashes.. watching Ghost Whisperer marathon.. 1st season no lashes. last seasons big lashes..Night & day



@kathygriffin

Can Mariah Carey PLEASE judge from her bubble bathtub every wk on American Idol? WITH a tiara on?



@katperry

SO HAPPY TO BE BACK IN BRAZIL!



Kristen Bell ALL PHOTOS GETTY

Bell and her beau have a workplace romance

For Kristen Bell, teaming up again with fiancé Dax Shepard for their new movie, Hit and Run, was something of a no-brainer. "We realized we're severely co-dependent," Bell tells Us Weekly. "It's not just like you're caught in the house with your significant other for six weeks and you're both doing different things and feel like you're in each other's way. We actually had the same goal and we really, really, really wanted the best for the script Dax had written. Because we had the same mutual goal, it felt shared." So how did she get

Labour of love

"On this project, I was sleeping with the director, the writer and the lead actor, so I spread myself real thin"

Kristen Bell

the part in Shepard's film, exactly?

"On this project, I was sleeping with the director, the writer and the lead actor, so I spread myself real thin," she jokes.

Sophia Bush says 70s star is just a buddy



Topher Grace

Sophia Bush was spotted grabbing coffee with Topher Grace in West Hollywood last week, but the newly single actress wants to make it clear that the two are not dating, she tells Us Weekly. "Topher has been one of my dearest friends for six years," says Bush, who's starring in Partners, a new TV comedy this fall.

"We have coffee all the time and he is actually a great sounding board for me with sort of how to be prepared with all things sitcom." Bush recently split from her boyfriend of six years — and One Tree Hill co-star — Austin Nichols. She'd previously been married to another of the show's stars, Chad Michael Murray.

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3
LIFE

Taking the guesswork out of emergency room wait times

Technology. Hospitals across Canada are using tools to help patients make informed decisions about making the trip

CELIA MILNE
life@metronews.ca

How long will I have to wait in the Emergency? The answer to that question may soon be at your fingertips.

One hospital in Ontario and several in Alberta now have websites that tell patients how long they'll wait for emergency care.

"Patients and families appreciate knowing in advance how long they'll have to wait to see a physician or nurse practitioner," says Don Shilton, president of St. Mary's General Hospital in Kitchener, the first Ontario hospital with the tool.

"This helps them plan their lives...whether to arrange child care or bring a book."

All hospitals across the country use a triage system to dictate which patients get seen first.

Those with a life-threatening illness or injury, such as a heart attack or major trauma from a car accident, will always get priority.

Those with less-urgent needs, such as tummy pain or an earache, will have to wait longer. The new tool tells you, with the click of a



Take the guess work out of wait times. GETTY IMAGES

mouse, the average wait time for those with non-life-threatening problems.

"The time on the clock is updated every 20 minutes," says Shilton. "If people decide they don't want to wait, the tool also lists alternatives to

the emergency department such as urgent care clinics."

He hopes other hospitals adopt the tool, so that patients can explore alternatives online.

The next step is developing a smart phone App

that helps you find the closest emergency department, provide directions on how to get there and show how long you'll wait once you get there.

"I can see this being very helpful if you were in a differ-

ent city or part of the province," says Shilton.

Hospitals in Edmonton and Calgary are using a similar tool, according to Health-ydebate.ca, an online health care magazine based at St. Michael's Hospital in Toronto.

On the Web



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Your fave Japanese appetizer finds its way into tasty salad

Edamame Salad



This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

Edamame is all the rage today. These soy beans are a great source of protein, an excellent source of fibre and loaded with vitamins and minerals. You can eat them on their own or toss them into a salad.

1. Boil edamame beans just until bright green, approximately 3 minutes. Drain and rinse with cold water.

Ingredients

Salad

- 3 cups frozen edamame beans
- 1 cup canned corn kernels, drained
- 1/2 diced water chestnuts
- 1/2 cup diced red bell pepper
- 1/4 cup chopped green onions
- 1/4 cup chopped cilantro

Place in serving bowl.

2. In non-stick skillet sprayed with vegetable oil, sauté corn just until browned, approximately 5 minutes. Add to edamame along with water chestnuts, bell pepper, green onions and cilantro.

3. For dressing: Mix soy sauce, rice vinegar, sesame oil, honey, garlic and ginger and pour over salad. Garnish with toasted sesame seeds.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Dressing

- 2 tbsp soy sauce
- 1 1/2 tbsp rice vinegar
- 1 tbsp sesame oil
- 2 tsp honey
- 1 tsp crushed garlic
- 1/2 tsp minced ginger

Garnish

- 1 tsp toasted sesame seeds

Health Solutions

Best bet beans



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Recent studies have shown that as little as 1/3 cup of beans can prevent or reduce peripheral artery disease (the first signs of heart disease). Well, if it's that easy...giddy up. Any pulse or dried bean will do but here are a few winners.

Highest Protein Bean: Soybeans

Choose whole, organic, frozen edamame beans, steam and salt them. Serve them as a snack or appetizer.

Highest Magnesium Beans: Adzuki Beans

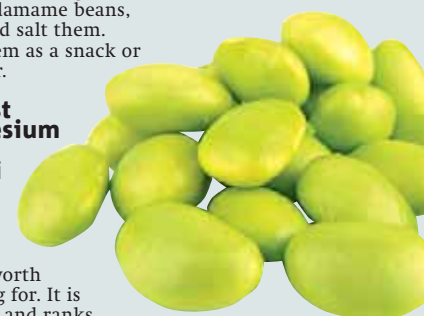
This Japanese bean is worth searching for. It is delicious and ranks

highest in many nutrients. Find it in canned form in Asian or health food stores. If you can't find it, navy beans come close. Add them to pastas and soups.

Easiest Bean: Lentil Hummus

Two tablespoons of this spread will do. Any hummus works but lentils are higher in fibre, folacin and iron. Baby carrots, anyone?

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.



Most men like fire. Because of that, most like barbecuing as well. ISTOCK

The battles of the grill

Dialogue. Excerpt from *Shut Up and Eat!* takes humorous look at a conversation that many couples could have this summer

KATHY BUCKWORTH
life@metronews.ca

One of the great things about barbecuing is that it is normally relatively easy to suck the man of the house into actually cooking. Something to do with an open flame and the inherent explosive danger proves irresistible to these gullible fellows.

Of course, the big downside is because they have spent a good 20 minutes searing a steak, they expect to get the credit for the entire meal, which, by the way, consists of salad, potatoes, fruit and dessert, all of which has taken you about two hours to complete.

Personally, I try to find additional things for my husband to do while in the backyard manning the grill — including garbage clean

up, putting the hose away, backwashing the pool, installing some fencing.... Be creative and see how far it takes you.

Also, be prepared for the following conversation:

Him: OK, honey, so I'll take care of dinner tonight. I picked up some steaks.

Me: Great. So what are we having with them?

Him: Potatoes and corn.

Me: You have that?

Him: We always have potatoes and corn in the house. (Sadly, we do.)

Me: OK, whatever.

Him: Right then, I'm starting up the barbecue.

Me: Yeah, listen, I only need about an hour to get the other stuff ready. You might want to wait.

Him: (Gone outside.)

Me: *%&#**ng idiot.

Him: I'm ready for those steaks now.

Me: Fabulous. Hope they



need about 45 minutes on the barbecue because that's how long the rest of the dinner is going to take. Hey, who's setting the table?

Him: (Back outside again, stopping only to grab a beer out of the fridge.)

Me: %&#**ng idiot. Kids, get in here and set the table and help me husk the corn!

Him: OK, we're almost done.

Me: Stupendous. Just cut my finger with a knife while trying to peel the potatoes because your idiot son used

the potato peeler to whittle a stick last week. Oh, yeah. The corn is still hard and we've only found four forks.

Him: (Gone. The sound of a beer cap twisting can be heard from the deck.)

Me: ^&\$^#**ng idiot. Ouch. Crap. Damn.

Him: And we're ready. Kids, dinner!

Me: What the hell are you doing? The potatoes are half raw, the water for the corn hasn't boiled yet and I'm still on hold with Telehealth to see about this red line that's travelling up my arm from the cut on my finger.

Him: Mmmmm. Now that's a steak. Your Dad knows how to cook, eh guys?

EXCERPTED FROM KATHY BUCKWORTH'S SHUT UP AND EAT! TALES OF CHICKEN, CHILDREN & CHARBONNAY, KEY PORTER BOOKS, 2010, AVAILABLE IN PAPERBACK OR KOBO. VISIT KATHY BUCKWORTH.COM; FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH. KATHY'S NEW BOOK, I AM SO THE BOSS OF YOU WILL BE RELEASED BY RANDOM HOUSE IN SPRING, 2013.



It's called asset allocation. Divide your money between stocks, bonds and cash. ISTOCK IMAGES

100% invested in the stock market? Spread some of that cash out

Alison's money rule. Timing the stock exchange to perfection is probably as difficult as winning the lottery



YOUR MONEY
Alison Griffiths
money@metronews.ca

A couple of days ago I got the kind of email I hate the most. If it had been snail mail I would have seen tear drops on the paper.

It was from a distraught woman in her mid-40s who was taking a beating in the stock market. Her portfolio had been 100 per cent invested in stocks (through mutual funds) and she flip-flopped back and forth between the US and Canadian market — losing both ways.

Now she's pulled all her

money out of the market, paid deferred sales charge fees on her mutual funds, and is sitting on the sidelines waiting for the right moment to get back in. Essentially she is doubling down on a bad bet and she's almost certain to lose again.

I'd have no quarrel if she can't stomach the turmoil of the stock market. But if so she should put her money in GICs or a savings account. She won't make much money but she won't lose any either.

The simple fact is that the average investor cannot time the market and very few professionals can manage the trick either.

So what can you do? It's called asset allocation.

The task is to divide your money among equities (stocks), bonds and cash. Historically the equities provide growth over time. Bonds provide ballast because they churn out interest when the stock market goes down. Cash is for emergencies and it also will provide

In numbers

9 per cent

The average annual return of investment grade corporate bonds over 20 years with interest re-invested.

some interest income.

A sample asset allocation might be 50 per cent equities, 40 per cent bonds and 10 per cent cash. The equities could be divided 25 per cent U.S. and 75 per cent Canada. Pick an allocation that works for you, your risk tolerance and your situation.

The next step is critical. Use new contributions or dividend and interest income to maintain your allocation. This is called rebalancing and it's the key to lowering risk and increasing return.

Unless you have an accurate crystal ball, correctly timing the stock market is less likely than winning the lottery.

How to save \$120K by brown-bagging it



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

Ever wonder what buying your lunch each workday actually costs you over the course of your working career?

According to VISA Canada's July 2012 lunch survey, the average Canadian will spend just less than \$9 on their lunch when eating out. When \$9 per workday is compounded at the rate of inflation, 3.5 per cent, for 40 years, it adds up to a whopping \$180,000!

A brown bag alternative, costs up to \$3 per day or \$60,000 throughout a person's working career when the same calculation is applied. Not only is a brown bag lunch frugal, it's often

healthier than purchasing fast foods or lunches that contain unhealthy ingredients.

Simply making lunch at home rather than buying it could save the average Canadian nearly \$120,000.

Imagine what you could do with that kind of dough! Pay off your mortgage, save for your retirement, sail around the world for three years

or send your children to top Canadian universities.

If you're concerned about being a social outcast at work because you're brown bagging it, park that thought.

Encourage your colleagues to pack their lunches by telling them how much they can save too.

Turn it into a game — track each other's progress by throwing the 'would be' lunch money into personalized savings jars that can be deposited into an investment plan once per week. Whoever saves the most wins a free picnic pot luck lunch, hosted by the colleagues that lost the game.

Don't bail on the brown

More Fun and Frugal

Follow Lesley on Twitter @LesleyScorgie



bag alternative even if you're not Chef Gordon Ramsay.

Take 5 minutes on Sunday night to plan out your lunches and then head to your local grocery store. Purchase only what you'll need for the week and ensure you've bought a variety of foods from all the food groups — fruits, veggies, breads, meats, and dairy. Stick with healthy foods that will give you plenty of energy for your busy workday.

Save big bucks by using coupons at the grocery store, buying locally grown foods and produce that is in season. If you're not great at making salads or sandwiches, cook a



If you're worried about being a social outcast, encourage your colleagues to pack their lunches too. ISTOCK IMAGES

bit extra at dinner and take leftovers for lunch.





Only 35 per cent of Germans even have a credit card. ISTOCK IMAGES

Germany's cash culture shows aversion to debt

Tough bailout stance. Paying cash ensures you don't spend more than you have

Head to the checkout at an Ikea store in Stockholm to pay for your new leather corner sofa and with the swipe of a Visa card it's yours. Don't try that in Berlin — that'll be 1,699 euros (\$2,107 Cdn) up front, please.

It's that financial culture — a deep-seated aversion to debt and an emphasis on responsibility — that makes Chancellor Angela Merkel's hardline approach to solving the European financial crisis so popular in Germany. The attitude shows up in all walks of life, from the daily trip to the store to buying a house.

The economy is so reliant on cash for transactions small and big, a way to ensure you don't spend more than you have, that Germany pushed hard for the 500-euro note to replace its popular 1,000-mark bill when it joined the common currency.

It's one of the largest denomination notes being produced anywhere today, worth around \$620, and is even known in neighbouring France as "the German note." While even discount supermarkets in Germany happily take the big euro

bill, very few shops in France will accept it.

Even though Germany is Europe's largest economy and one of its richest per head, it is last in home ownership with just over 40 per cent. That compares to some 80 per cent in troubled European Union countries like Greece, Italy and Spain, and around 70 per cent in Britain and the United States, where owning your own home is part of the "American Dream."

Germans tend to be instinctively averse to taking out a mortgage. And lenders often demand a 20 per cent down payment on a house or substantial collateral. So a culture has sprung up of just renting and holding on to cash.

The German aversion to debt also translates to credit card use — or non-use. Only 36

per cent of Germans over the age of 15 even possess a card, compared with 62 per cent in the U.S., according to World Bank figures. And even when Germans do have a card, the limit is usually tied to a customer's bank balance and the bill is automatically paid off from the customer's account.

"If I pay with my Visa, then Visa takes it from my account — I don't get any real benefits," said Rainer Hoedt, a Berlin high school teacher.

THE ASSOCIATED PRESS



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Horse racing

Strait of Dover done for year

Strait of Dover's season is over.

The Queen's Plate winner has been shut down for the remainder of the 2012 thoroughbred campaign with a ligament ailment.

Trainer Dan Vella figures the prized three-year-old was injured just over a week ago during a training session in preparation for the \$500,000 Breeders' Stakes, slated for Sunday at Woodbine Racetrack in Toronto.

Strait of Dover was generally regarded as the horse to beat in the Breeders' Stakes, the 1.5-mile turf event and final jewel of Canadian racing's Triple Crown. **THE CANADIAN PRESS**

Golf

Vegas on a roll at Glen Arbour

Calgary's Stephen Ames promised to be a gracious host before launching his opening drive at the Telus World Skins Game.

Jhonattan Vegas made himself right at home, grabbing five skins and \$85,000 over Monday's front nine at Glen Arbour Golf Course.

The 27-year-old defending champion from Venezuela rolled to the first day lead, followed by Ames, England's Paul Casey and 2009 U.S. Open winner Lucas Glover with one skin each for \$15,000.

THE CANADIAN PRESS



Jhonattan Vegas
THE CANADIAN PRESS

NBA

Raptors re-sign Alan Anderson

The Toronto Raptors re-signed free-agent forward Alan Anderson on Monday.

Anderson was signed to a 10-day contract on March 26, then for the rest of the season April 16, averaging 9.6 points, two rebounds and 27.1 minutes in 17 games.

The six-foot-six, 220-pounder had a season-best 20 points April 26 versus New Jersey.

He averaged 6.7 points, 1.9 rebounds and 18.3 minutes in 70 appearances with Charlotte and Toronto. **THE CANADIAN PRESS**



Cam Newton celebrates a touchdown against the Tampa Bay Buccaneers on Dec. 24, 2011 in Charlotte, N.C. STREETER LECKA/GETTY IMAGES FILE

Cam Newton at ease as NFL 'mega-superstar'

NFL. In just 15 months, Panthers quarterback has become national celebrity unlike any other for the team

Quoted

"I'm just working on being great. Everybody wants to win the Super Bowl, but let's worry about today. Tomorrow is not promised." Cam Newton

Cam Newton is everywhere these days.

If he's not flying through your television set on "Cam's Night Out" hawking Under Armour gear or sucking down Gatorade and "Winning the Fifth Quarter," chances are you've seen the 23-year-old quarterback featured prominently by the NFL in advertisements for its upcoming preseason games.

And, if not for Calvin Johnson, he'd be on the cover of Madden NFL 13, too.

Charismatic, built like a

Greek god and, above all, incredibly talented, Newton has taken the country by storm since being drafted No. 1 overall last year. As Panthers teammate Jon Beason said, Newton has become "a mega-superstar."

Newton has grabbed the national spotlight after a record-setting season in which he combined for 35 touchdowns and became the first rookie to throw for more than 4,000 yards.

"We haven't had a guy who gets this much attention — ever," said offensive tackle

Jordan Gross, now in his 10th season with the Panthers.

Newton walked onto Wofford College's Gibbs Stadium Sunday night for the first training camp practice before a fired-up crowd of 12,871. Fans wearing his No. 1 jersey were everywhere.

It was the largest crowd ever assembled for a single practice in the 18 summers the Panthers have spent in Spartanburg, according to team spokesman Charlie Dayton.

Call it the Cam factor. And Newton, who has a flare for showmanship, didn't

shy away from attention.

He raced up the field for a 25-yard gain on a play-action fake, veered out of bounds and ran along the inside wall of the stadium pumping his left fist at fans.

Of course, with fame come potential pitfalls.

Newton's coach, Ron Rivera, is aware of that.

That's one of the reasons he pulled Newton aside in February for a private talk, making sure he kept his priorities straight in the off-season.

"The biggest thing he understands is that once we're in the season, it's time to work. And his focus and attention is about what we do. And it is. So I have no problem," Riviera said.

Of the season ahead, Riviera said, "As Cam goes, we go."

THE ASSOCIATED PRESS

MLB. Adam Lind goes on DL with back strain



Adam Lind GETTY IMAGES FILE

The Toronto Blue Jays placed first baseman/designated hitter Adam Lind on the 15-day disabled list Monday with a mid-back strain.

The move is retroactive to last Thursday.

Lind, 29, has appeared in 24 games for the Blue Jays since being recalled from triple-A Las Vegas last month,

posting a .288 average with five home runs and 16 RBIs.

In 58 games overall, the Muncie, Ind., native is batting .227 with eight home runs and 27 RBIs.

The Jays have recalled first baseman David Cooper from Las Vegas for the second time this season.

THE CANADIAN PRESS

Monday's game

- The Blue Jays lost 4-1 to the Seattle Mariners.
- The Jays also dealt Travis Snider to the Pittsburgh Pirates for pitcher Brad Lincoln on Monday.

4 SPORTS

Mobile sports



Brett Favre's post-NFL career is underway and it's decidedly low key compared to what the former star quarterback is used to. In his first season as offensive co-ordinator at 1,500-student Oak Grove High School in Mississippi, Favre says the team's "biggest learning curve as a team might be my learning curve." Scan the code for the story.

Games in pictures



1 Rowing. Men's eight fight their way to spot in repechage final

The Canadian men's rowing eight bounced back from a poor heat to finish second in its repechage and advance to the final. The men's four moved on to the semifinal.

THE CANADIAN PRESS

2 Swimming. Canuck women prove quick learners in pool

Canadian swimmers Barbara Jardin and Samantha Cheverton, pictured, made impressive Olympic debuts Monday as they qualified for the semifinals in the women's 200 freestyle.

THE CANADIAN PRESS

3 Beach volleyball. Canada spiked by Norway in Game 2

The Canadian men's beach volleyball team of Josh Binstock from Richmond Hill, Ont., and Martin Reader of Comox Valley, B.C., lost to Norway to fall to 1-1.

THE CANADIAN PRESS

4 Equestrian. B.C. rider Bennett-Awad thrown from horse

Canadian rider Hawley Bennett-Awad was thrown from her horse and taken to hospital during the cross-country portion of Olympic equestrian eventing on Monday.

The 35-year-old from Murrayville, B.C., fell from her horse, Gin & Juice, and was taken to the Royal London Hospital for further examination, according to a team spokesperson.

Canadians sidestep Round 1 obstacles

Tennis. Ontario's Raonic and Quebec's Wozniak dominate opening matches in London

It didn't take long for Canada's Milos Raonic to show his opponent what to expect in their first-round men's singles match at the London Games.

Raonic opened the match by firing an ace that hit the back fence in a heartbeat and left Tatsuma Ito completely flat-footed. The Japanese player never found an answer for the Canadian's booming serve, with Raonic posting a comfortable 6-3, 6-4 victory at the All England Club.

"I'm fortunate enough to play with a big enough game that most of my results are going to depend on me," Raonic said. "I feel like if I step it up, I will have an opportunity to win."

Raonic used ground strokes and mixed in some deft cut shots to prevent Ito from finding his rhythm. The Thornhill, Ont., native picked up an early break for a 3-1 lead and was never threatened the rest of the way.

"It was a perfect match to get into the tournament," said Canadian coach Martin Laurendeau. "He could work on his game and his patterns and make sure everything is nice and clean and he was able to do that convincingly."

Aleksandra Wozniak of Blainville, Que., also posted a straight-set victory in her opening women's singles match. She defeated Marina Erakovic of New Zealand 6-2, 6-1.

"It's my first Olympics and it's so different than any Grand Slam or any WTA tournament," Wozniak said. "Tennis is such an individual sport, but (here) it's like you play for your own country. So the first victory for sure, it's for Canada."



Milos Raonic serves at Wimbledon on Monday. RYAN REMIORZ/THE CANADIAN PRESS

Competition rising

The draw gets a lot tougher now for the No. 25-ranked Raonic, with a second-round match against world No. 6 Jo-Wilfried Tsonga of France on tap for Tuesday.

- Wozniak also faces a huge challenge in Round 2 where she will meet Venus Williams.

Toronto's Daniel Nestor and Vancouver's Vasek Pospisil won their opening men's doubles match later Monday. They beat Horia Tecau and Adrian Ungur of Romania 6-3, 7-6 (9).

"I'm playing with one of the best doubles players in the world," Pospisil said. "We get fired up and we play some of our best tennis."

THE CANADIAN PRESS



Aleksandra Wozniak returns a shot at Wimbledon Monday.

RYAN REMIORZ/THE CANADIAN PRESS

Social media. Bailey lets Olympic spirit shine on Twitter



Donovan Bailey celebrates winning the 100-metre sprint gold medal at the 1996 Atlanta Games. LUTZ BONGARTS/BONGARTS/GETTY IMAGES FILE

Donovan Bailey might be 16 years removed from Olympic glory, but that doesn't mean the former sprinter isn't paying attention to the next generation of Canadian athletes.

The double gold medallist at the Atlanta Olympics sent out a message on his Twitter feed Monday to Canada's competitors at the London Games.

"Don't let small minds convince you that your dreams are too big! Go Canada let's dominate!," tweeted Bailey, who set a then-world record time of 9.84 seconds

in the men's 100-metre final in Atlanta.

Bailey, who was also part of Canada's gold-medal winning 4x100-metre men's team in 1996, added some encouraging words for tennis player Milos Raonic before his first-round match at the Games.

"Good luck to @milosraonic today in his first match at the Olympics!," Bailey wrote, before later congratulating the No. 25-ranked player in the world on his straight-sets win.

THE CANADIAN PRESS

Agnel steals show in 'race of the century'

Swimming. Big Frenchman cruises to second gold medal in 200-metre free event

Yannick Agnel is turning into a giant-beater. Actually, he is a giant.

At six-foot-five, the Frenchman has used his extra-long frame to dominate on consecutive nights in the Olympic pool.

First came his come-from-behind anchor leg to push ahead of Ryan Lochte and the Americans in the 4x100 free-style relay on Sunday. Then on

Monday, Agnel routed a stellar field by nearly two seconds to win the 200 free individual event.

Agnel led from start to finish and clocked one minute, 43.14 seconds for the best time ever in a textile suit, a whopping 0.72 ahead of Michael Phelps' 2007 mark.

Defending silver medallist Park Tae-hwan of South Korea and 400 free champion Sun Yang of China shared silver in 1:44.93, while world champion Lochte finished fourth and world-record holder Paul Biedermann of Germany was fifth.

With so many standouts,

and despite Phelps' decision not to enter, the event was dubbed the "Race of the Century."

"I had to look twice at the scoreboard to be sure it was the right time. I had a race plan in my head, but this is above my expectations and hopes," Agnel said. "I worked on keeping my speed and putting all my guts into the last 50. I don't know what to say — it worked."

Camille Muffat gave France another gold in the women's 400 free on Sunday and France stands second to the United States in the swimming medals table.

THE ASSOCIATED PRESS



Yannick Agnel of France celebrates winning the 200-metre freestyle gold medal on Monday.

CAMERON SPENCER/GETTY IMAGES

Tuesday's must-see 3



Women's team gymnastics

The Canadian women's team will compete in Tuesday's team final, with Brittany Rogers of Coquitlam, B.C., and Elisabeth Black of Halifax, pictured, earning berths in the vault final.

Time: 8:30 a.m.
Channel: CTV

2 Women's soccer

The Canadians face a tough test against Sweden, bronze medalists at last summer's World Cup. A win ensures the Canadians a spot in the quarter-finals.

Time: 6:30 a.m.
Channel: Sportsnet



Women's weightlifting

Christine Girard will try to improve on her fourth-place finish at the 2008 Beijing Games in the women's 63-kilogram event. Girard won gold in the event at the 2011 Pan Am Games.

Time: 7:30 a.m.
Channel: TSN

THE CANADIAN PRESS



Chinese rise above in team competition

Chinese gymnast Feng Zhe performs on the parallel bars during the gymnastic men's team final. The Chinese won their second straight Olympic team title and third in four games on Monday. Their score of 275.997 points was more than four points better than Japan. Britain initially was announced as the silver medallist, but Japan appealed the score of three-time world champion Kohei Uchimura on pommel horse. The judges changed his score from 13.466 to 14.166 — enough to move Japan from fourth to second with a total of 271.952. Britain was bumped down to bronze, while Ukraine dropped to fourth.

MATT DUNHAM/THE ASSOCIATED PRESS

Day 3 results

MEDAL STANDINGS

After 38 of 302 total medal events

Nation	G	S	B	Tot
China	9	5	3	17
United States	5	7	3	17
France	3	1	3	7
North Korea	3	0	1	4
Italy	2	4	2	8
South Korea	2	2	2	6
Russia	2	0	3	5
Kazakhstan	2	0	2	4
Japan	1	4	6	11
Australia	1	2	1	4
Romania	1	2	0	3
Brazil	1	1	1	3
Hungary	1	1	1	3
Netherlands	1	1	0	2
Ukraine	1	0	2	3
Georgia	1	0	0	1
Lithuania	1	0	0	1
South Africa	1	0	0	1
Colombia	0	2	0	2
Britain	0	1	2	3
Cuba	0	1	0	1
Germany	0	1	0	1
Mexico	0	1	0	1
Poland	0	1	0	1
Taiwan	0	1	0	1
Thailand	0	1	0	1
Azerbaijan	0	0	1	1
Belgium	0	0	1	1
Canada	0	0	1	1
India	0	0	1	1

WHAT CANADA DID

Monday at the 2012 London Olympics

ARCHERY

Men's individual 70-metre — Crispin Duenas, Toronto, was eliminated after losing in the first round to Ahmed El-Nemr of Egypt, 6-2.

BADMINTON

Women's singles — Michele Li, Toronto, lost her opening-round match to Wang Yihan of China, 21-8, 21-16, and will not advance.

BASKETBALL

Women — Shona Thorburn, Hamilton, scored 18 points as Canada (1-1) downed Britain, 73-65.

BEACH VOLLEYBALL

Men — Joshua Binstock of Richmond Hill, Ont., and Martin Reader, Comox Valley, B.C., lost their round-robin match to Martin Spinnangr and Tarjei Viken Skarlung of Norway, 21-14, 21-18.

EQUESTRIAN

Individual eventing — Jessica Phoenix, Canington, Ont., is ranked 28th overall following the cross-country event with 57.20 points;

Michelle Mueller, Port Perry, Ont., is 58th (120.20); Peter Barry, Dunham, Que.; Rebecca Howard, Salmon Arm, B.C.; and Hawley Bennett-Awad of Murrayville, B.C. — who was taken to hospital after a fall — were not ranked due to incompleteness of course.

Team eventing — Canada stands in 12th place after the jump qualifier with 1,177.40 points.

FENCING

Women's individual epee — Sherraine Schalm, Brooks, Alta., was eliminated after losing in the opening round to Shin A Lam of South Korea, 15-12.

JUDOMEN'S 73 kg class — Nicholas Trittton, Perth, Ont., lost in the opening round to Navruz Jurakobilov of Uzbekistan, by Yuko (non-combativity).

Women's 57-kg — Joliane Melancon, Blainville, Que., was defeated by Sabrina Filzmoser, Austria, by Uskuro-kesu-gatame.

ROWING

Men's fours — Canada (William Dean, Kelowna, B.C.; Anthony Jacob, Victoria; Derek O'Farrell, Montreal; and Michael Wilkinson, North Vancouver, B.C.) advanced to the semifinals after placing third in their qualifying race in five minutes 50.78 seconds.

Men's eights — Canada (Gabe Bergen, 100 Mile House, B.C.; Jeremiah Brown, Cobourg, Ont.; Andrew Byrnes, Toronto; Will Crothers, Kingston, Ont.; Douglas Csima, Oakville, Ont.; Robert Gibson, Kingston, Ont.; Malcolm Howard, Victoria; Conlin McCabe, Brockville, Ont.; Brian Price, Belleville, Ont.) were second in their repechage heat (5:27.41) and earn a berth in the finals.

SAILING

Men's 49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in ninth place following two races with a score of 19.

Men's finn — Greg Douglas, Toronto, stands in 17th place after four races (68).

Men's laser — 18. David Wright, Toronto, ranks 18th after two races (33).

Men's star — Canada (Richard Clarke, Salt Spring Island, B.C.; and Tyler Bjorn, Beaconsfield, Que.) are in 12th place after four races (40).

Women's laser radial — Danielle Dube of Glen Haven, N.S., stands 23rd overall after two runs (43).

SHOOTING

Men's 10-metre air rifle — Cory Niefer, Saskatoon, placed 46th in qualifying with a score of 581, did not advance.

SWIMMING

Men's 200 butterfly — David Sharpe, Halifax, placed seventh in his qualifying heat (1:59.87), did not advance.

Women's 200 individual medley — Erica Morn-ingstar, Regina, failed to advance after posting a time of 2:14.32 in qualifying.

Women's 200 freestyle — Barbara Jadin, Notre-Dame-de-Grace, Que. (1:57.91), and Samantha Cheverton, Lachine, Que. (1:57.98) failed to qualify for the final after placing 10th and 11th overall in the semifinal round.

TENNIS

Men's singles — Milos Raonic, Thornhill, Ont., won his first-round match over Tatsuma Ito, Japan, 6-3, 6-4.

Men's doubles — Daniel Nestor, Toronto, and Vasek Pospisil, Vancouver, won their opening match over Horia Tecau and Adrian Ungur of Romania, 6-3, 7-6(9).

Women's singles — Aleksandra Wozniak, Blainville, Que., downed Marina Erakovic, New Zealand, 6-2, 6-1, and will face Venus Williams of the U.S. in the second round.

WEIGHTLIFTING

Women's sub-57 kilogram class — Annie Monique, Quebec City, placed 16th overall with a top weight of 190 kilograms.

BASKETBALL

WOMEN

First Round

Monday's results

China 83, Croatia 58
Turkey 61, Czech Republic 57
France 74, Australia 70
Russia 69, Brazil 59
Canada 73 Britain 65
United States 90, Angola 38

CANADA 73, BRITAIN 65

Britain

N.Stafford 6-19 2-215, R.Anderson 4-2 3-36, S.Collins 1-3 0-0 2, C.Handy 0-1 0-0 0, J.Wade-Fray 2-7 0-0 5, J.Page 3-5 2-28, K.Butler 2-3 0-0 4, J.Leecham 5-14 2-2 15, A.Stewart 2-3 0-0 4, T.Fagbenle 2-5 2-2 6, Totals 25-64 10-11 65

Canada

K.Phillips 2-8 2-2 6, T.Gabriele 2-6 0-0 4, S.Thorburn 6-10 3-4 18, C.Pilypaitis 4-8 0-0 11, K.Smith 4-8 2-4 11, M.Ayim 0-0 0-0 0, N.Achona 2-3 0-1 4, L.Murphy 4-7 0-0 9, T.Tatham 1-4 2-2 4, C.Aubry 3-7 0-0 6, Totals 28-61 9-13 73

Halftime — Britain 32, Canada 36. 3-Point goals —

Britain 5-17 (N.Stafford 1-3, S.Collins 0-2, J.Wade-Fray 1-5, J.Leecham 3-7) Canada 8-21 (T.Gabriele 0-1, S.Thorburn 3-7, C.Pilypaitis 3-6, K.Smith 1-4, L.Murphy 1-1, C.Aubry 0-2). Fouled out — None. Rebounds — Britain 36 (T.Fagbenle 6) Canada 36 (C.Pilypaitis 5, T.Tatham 5). Assists — Britain 14 (S.Collins 4) Canada 21 (T.Gabriele 7).

Total Fouls — Britain 16 Canada 14.

Horoscopes

♈ Aries

March 21 - April 20

The pace of life will pick up dramatically over the next few days and you could find yourself running all over the place. Make sure your efforts are for your own benefit. Don't spend every minute making other people happy.

♉ Taurus

April 21 - May 21

Business issues and personal relationships will in some way be brought together today. You may have to spend a bit of money to attract what you need but it's OK, you can afford it.

♊ Gemini

May 22 - June 21

Today's Venus-Saturn link will open your heart and make it easier for you to let those you love and admire know how much they mean to you. The depth of your feelings will no doubt surprise them.

♋ Cancer

June 22 - July 23

You seem to have made a good impression on some of the people you work alongside and a promotion or salary increase is a distinct possibility. Don't be too modest about your talents: You deserve what you get.

♌ Leo

July 24 - Aug. 23

Do you really believe in something, or did you copy a friend's idea because it sounded good at the time? If it's the latter today's Sun-Pluto link will force you to face up to its inconsistencies.

♍ Virgo

Aug. 24 - Sept. 23

You'll be attracted to someone like the proverbial moth to a flame. Let's hope you don't get burned to a crisp! Feel with your heart by all means but think with your head too. It could save you sorrow.

♎ Libra

Sept. 24 - Oct. 23

Relationships of all kinds can be strengthened today. With Venus, your ruling planet, on good terms with Saturn in your sign it will be ridiculously easy to mend fences. So what are you waiting for?

♏ Scorpio

Oct. 24 - Nov. 22

Someone is making life difficult for you. Why? Because it makes them feel good. Now that you know that, you should not feel guilty about hitting back.

♐ Sagittarius

Nov. 23 - Dec. 21

Anyone who thinks you are easy to deceive had best think again because you are not only smarter than you look but are in no mood to deal with fools either. Sadly, there are a lot of them.

♑ Capricorn

Dec. 22 - Jan. 20

Some people have been taking advantage of you and it's time you did something about it. Today's cosmic alignment will help you get tough without causing too much of a stir. Drop a few hints. They'll get the message.

♒ Aquarius

Jan. 21 - Feb. 19

You will find it easy to win people over with your way of thinking, but is your way of thinking correct? At some stage you will encounter information that encourages you to look again at certain long-held beliefs.

♓ Pisces

Feb. 20 - March 20

Family and financial matters are under good stars today and if you go out of your way to make other people happy then you are more likely to be happy too. Your needs and their needs are not so far apart. **SALLY BROMPTON**

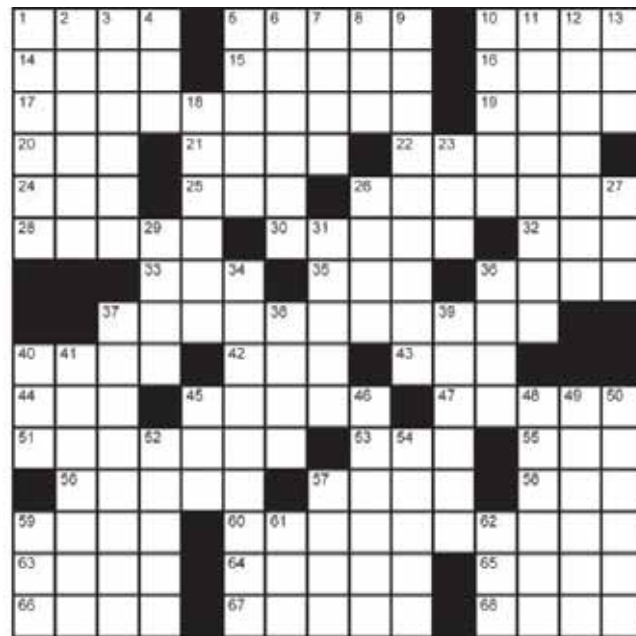
Crossword: Canadian Entertainers

Across

1. Wise
5. Barred to outsiders, like an exclusive community
10. 528i and 750iL, e.g.
14. ___ day: vitamin bottle recommendation
15. "Rice-___, the San Francisco treat"
16. Past participle of lie
17. Canadian-American actor who portrayed Max Headroom
19. Not ___ many words
20. Bible divs.
21. 32-Across overnight suggestions
22. Bert's Sesame Street pal
24. Narrow river inlet (or, backwards, atmosphere)
25. ___ Rail Canada
26. London, Ontario-born *Wedding Crashers* star Rachel
28. ___ nous: confidentially (literally, between us)
30. Ballot listing
32. Canadian auto club
33. Small batteries
35. "Evil Woman" gp.
36. ___ E: History Channel owner
37. English-Canadian actress who portrayed Samantha Jones in HBO's *Sex and the City*
40. *Death in Venice* novelist Thomas
42. "Can I take that as ___?"
43. Dog command
44. "... or so ___ heard"
45. Biting wit
47. Motown's output, in short
51. Regina-born star Leslie of *Naked Gun*
53. Sundial seven
55. Tic-tac-toe win
56. Hawaiian greeting
57. Kind of bag
58. "I ___ You, Babe": Sonny and Cher hit
59. "They're ___ again" (fighting)
60. American-Canadian baroque and operatic singer-songwriter Rufus
63. "I ___!": tot's refusal
64. Atlas rocket stage
65. Call on the phone
66. Therefore
67. Agreements
68. Green Gables girl

Down

1. Depressing
2. ___ Skywalker
3. Alludes to
4. Consume
5. "Enhanced," on some menus
6. 1970s rock concert sites
7. 32-Across jobs
8. "Acetyl" add-on
9. Movie-makers
10. Unseeing
11. Crazed
12. Montréal-born Joseph who played Dr. No
13. Cat or cone preceder
18. Alarm setting for one with a paper route, maybe
23. Edmonton-born actress ___ Dawn Chong
26. Scotch ingredient
27. Unhappy
29. Winnipeg-born Douglas, Hal's 2001 voice
31. "Don't ___": pretend you don't know
34. Frighten off
36. Sask. neighbor
37. How some beg
38. "Author unknown," for short
39. Better ventilated
40. Abbr. on a volume knob
41. Flyer
45. Kinda
46. Vancouver-born actress De Carlo
48. Skull, slangily
49. Vancouver-born Scott portrayed on *Star Trek*
50. Perfume holder
52. Canada's ___ Max



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BY MICHAEL WIESENBERG

Yesterday's crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	6	5	3	8	7	1	9	2
3	7	2	5	9	1	4	6	8
9	1	8	4	2	6	3	5	7
6	4	7	2	3	5	8	1	9
1	2	3	8	7	9	6	4	5
8	5	9	6	1	4	7	2	3
2	8	4	9	6	3	5	7	1
7	9	6	1	8	5	2	3	4
5	3	1	7	4	2	9	8	6

	2	5	4					6
				7	8			5 2
1	7							
		3		8				7
	6						8	
9				6		1		
						3	4	
3	4		8	1				
7					5	9	2	

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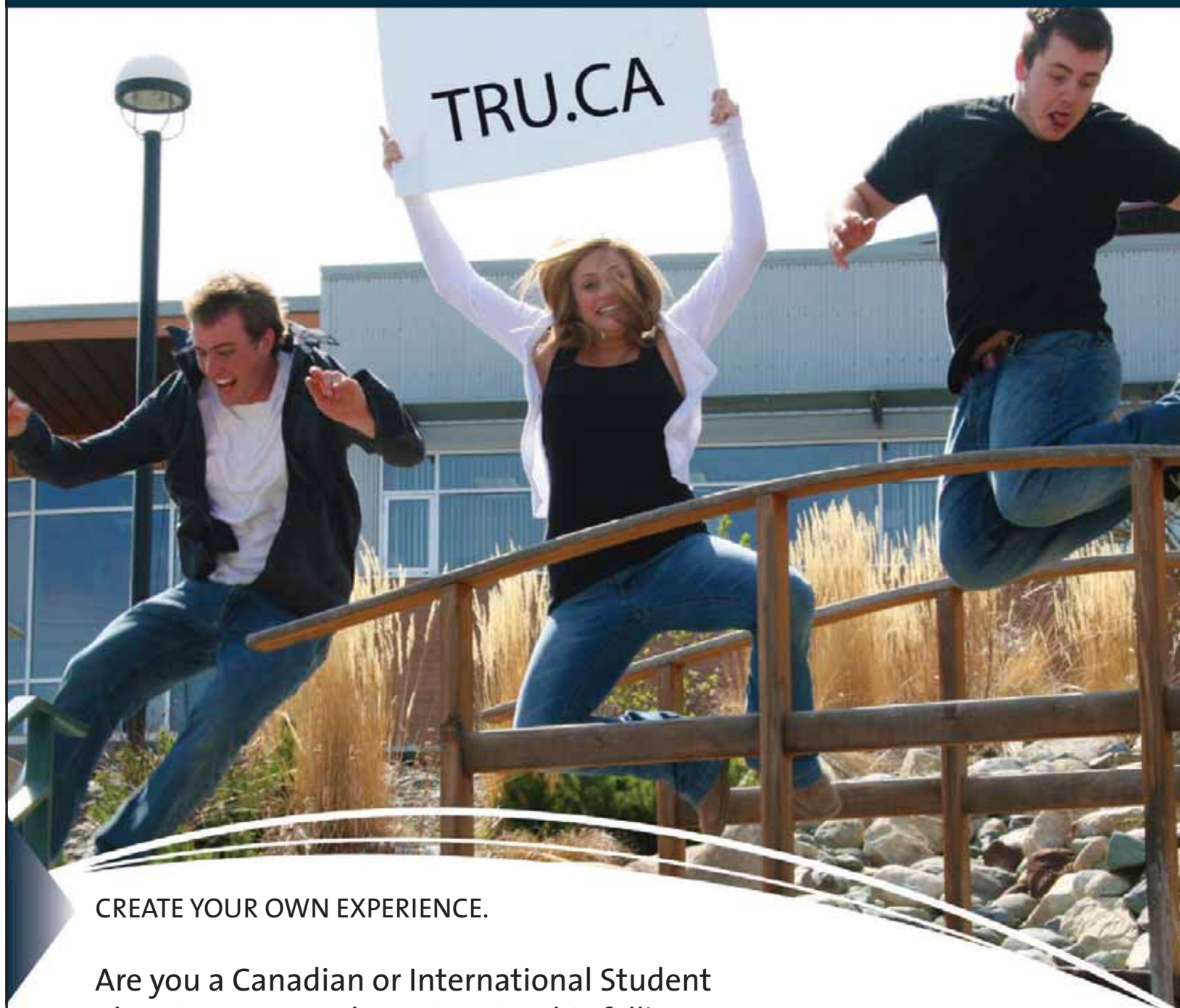
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LANGLEY

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Haney Place Mall

NEW WESTMINSTER

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Royal City Centre

PORT COQUITLAM

101A - 2748 Lougheed Highway
Coquitlam Centre

RICHMOND

4020 No 5 Road
Aberdeen Centre
Lansdowne Centre
Yaohan Centre

SURREY

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9 - 3268 King George Blvd.
7488 King George Highway, Unit 505
7500 Scott Road, Unit 104
109 - 9385 - 120th Street
1 - 8388 - 128th Street
Central City Shopping Centre
Guildford Town Centre
Panorama Village Mall

VANCOUVER

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8269 Granville Street
215 Keefer Street
3189 Main Street
1209 Pacific Avenue
1211 Pacific Blvd.
481 Robson Street
6596 Victoria Drive
519 West Broadway
2959 West Broadway
Arbutus Village
Champlain Heights Mall
First Avenue Market, Unit 102
Kingsgate Mall
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